

Keep your foods safe and fresh!

Eating spoiled food can make you sick. This is called food poisoning. Often, when people have a “stomach ache” or think they have the “flu”, they really have food poisoning.

What makes food spoil? Germs. Germs can get on foods and grow if the food is not stored properly. You can't see, smell or taste germs on food. But you can prevent food poisoning by keeping foods safe.



Germs grow fastest on moist protein foods like:

milk
eggs
meat
poultry

fish
potato salad
macaroni salad
casseroles



How to Keep Food Safe

When You Shop:

- Buy cans and jars that are not dirty, rusty, dented, or bulging.
- Check eggs. Never buy cracked or broken eggs.
- Always check the “use-by” date before buying any food.
- Buy cold and hot foods last.
- Take food straight home to the refrigerator. Never leave food in a warm car.

If You Do Not Have A Refrigerator

- Buy powdered or evaporated milk instead of fresh milk.
- Buy canned meats such as tuna, chicken, turkey, or ham in sizes only big enough for one meal.
- Buy canned soups with meat and beans for extra protein.
- Buy small amounts of fresh fruits and vegetables so they won't spoil.
- Buy fruit juice in cans instead of frozen juice.
- See the chart on the other side for storage hints.

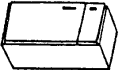

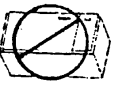
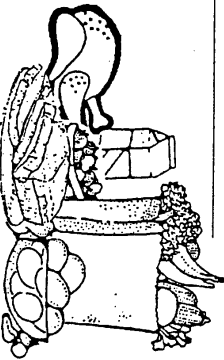



When You Prepare Food:

- Keep your kitchen counter, sink, and refrigerator clean.
- Wash hands in hot soapy water before touching food.
- Use clean dish towels.
- Use a plastic cutting board rather than a wooden one where germs can hide in the cracks. If you use a wooden board, clean with bleach and hot water after cutting meat on it.
- Scrub fresh fruits and vegetables under running water to wash dirt and germs away.
- Keep raw meats and their juices away from other foods.
- Thaw food in the refrigerator, microwave, or under cold running water. NOT on the kitchen counter.

When You Cook:

- Cook meat, poultry, and fish thoroughly. Red meat should be cooked until brown inside.
- Poke cooked chicken with a fork. The juices should look clear, not pink..
- Cook eggs until whites and yolks are firm, not runny.

Use this chart to choose the right way to store your foods.

Canned Foods (Milk, Meat, Vegetables, Fruits, Beans, Juice)	 Sharing a refrigerator	 Have bucket with ice or an ice chest	 No way to keep foods cold
Dry, Boxed Foods (Noodles, Rice, Cereal, Crackers, Milk, Eggs)	Refrigerate unused food out of the can. Store in a coffee can or covered tin.	Buy only what is needed for the family.	Throw away any leftovers. Store in a coffee can or covered tin.
Fresh Foods (Bread, Fruits, Vegetables, Milk, Meat, Eggs)	 Keep refrigerated, wrap tightly.	Store in a coffee can or covered tin.	Fresh eggs, milk, and meat should be thrown out 4 hours after ice in cooler has melted. Buy only what is needed for one meal or day.
Food in Glass or Plastic Jars (Peanut butter, Jelly, Juice)	 Close lid tightly and keep cool.	Buy only what is needed for one meal or day.	Close lid tightly and keep cool.
Fresh Bulk Foods (Butter, Margarine, Cheese)	 Wrap tightly, keep cold.	Close lid tightly and keep cool.	Buy only what is needed for one meal or day.
Frozen (Juice, Vegetables, Fish)	 Open only as needed.	Will keep well for several days if kept cool.	Use right away.